

Chicken Alfredo With a Twist

Meal Components: Grains, Meat / Meat Alternate

Main Dishes, D-54r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		6 gal		12 gal	<div>1. Heat water to a rolling boil.</div> <div>2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. Drain well.</div> <div>3. Pour into steam table pans (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</div> <div>4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often.</div>
Rotini pasta, whole-grain, dry	4 lb	5 qt 1 1/2 cups	8 lb	2 gal 2 3/4 qt	
Low-fat, reduced-sodium cream of chicken soup, condensed	9 lb 6 oz	1 gal 3/4 qt (3 No. 3 cans)	18 lb 12 oz	2 gal 1 1/2 qt (6 No. 3 cans)	
Fat-free half and half		3 qt		1 gal 2 qt	
Ground white pepper		2 tsp		1 Tbsp 1 tsp	
Garlic powder		1 tsp		2 tsp	

Frozen, cooked diced chicken, thawed, 1/2" pieces

6 lb 8 oz

1 gal 1 1/4 qt

13 lb

2 gal 2 1/2 qt

- 5. Combine noodles and sauce immediately before serving.
- 6. Critical Control Point: Hold for hot service at 135 °F or higher.
- 7. Portion with 8 fl oz spoodle (1 cup).

Notes

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the Recipes for Healthy KidsCompetition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These ‘twists’ make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

Van Buren Middle School
Kettering, Ohio

School Team Members
School Nutrition Professional: Louise Easterly, LD, SNS

Chef: Rachel Tilford
Community Member: Mary Kozarec (School Nurse)
Students: Graham B., Jonathan A., Shawnrica W., and Savannah S.

Note: Keep noodles and sauce separate until serving time to maintain consistency of sauce. Sauce will thicken upon standing.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 ¼ oz equivalent meat and 1 ¼ oz equivalent grains.	50 Servings: about 26 lb 8 oz 100 Servings: about 51 lb	50 Servings: about 3 gallons 2 steam table pans 100 Servings: about 6 gallons 4 steam table pans

Nutrients Per Serving					
Calories	344.92	Saturated Fat	3.59 g	Iron	2.34 mg
Protein	29.71 g	Cholesterol	68.68 mg	Calcium	173.98 mg
Carbohydrate	40.85 g	Vitamin A	449.55 IU	Sodium	571.98 mg
Total Fat	8.16 g	Vitamin C	0.38 mg	Dietary Fiber	2.67 g